

Recipe Number:	Weekly Cycle Menu Description:	Recipe Portion Size:	Weight Watcher Points
1016	HAMBURGER (9-12):+ 1 cheese sl	BURGER	7
1017	CHEESEBURGER (9-12)	EACH	7
983	PIZZA, THIN, CHEESE, WG (ALPHA)	SLICE	8
982	PIZZA, THIN, PEP WG (ALPHA)	SLICE	9
981	PIZZA, 5" ROUND, WW T PEP (HIS)	1 EACH	9
334	CORN DOG: (foster farms 96101)	1 EACH	7
346	FRENCH FRIES: oven heat	3 OZ.	5
1028	ONIONS: RAW	1/4 CUP	
437	PEACHES:slice, can, extra lite	1 CUP	
964	SALAD:DEEP GREEN	1/2 CUP	
343	SALAD FOR SANDWICHES	1/2 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
998	FRESH FRUIT: (9-12)	CUP	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
223	MUSTARD: individual PC	SERV (2 PACKTS)	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
222	KETCHUP: (4) individual	SERV (4 PACKTS)	
336	RANCH DRESSING:FAT FREE	2 PACKETS	
66	BAR-B-QUE ON BUN	SERVING	9
1016	HAMBURGER (9-12):+ 1 cheese sl	BURGER	7
1017	CHEESEBURGER (9-12)	EACH	7
934	SUN CHIPS	PKG	4
983	PIZZA, THIN, CHEESE, WG (ALPHA)	SLICE	8
982	PIZZA, THIN, PEP WG (ALPHA)	SLICE	9
981	PIZZA, 5" ROUND, WW T PEP (HIS)	1 EACH	9
968	CALZONE, PEPPERONI WG ALPHA	EACH	9
482	MIXED FRUIT:can,lt syrup	1 CUP	
22	CARROT STICKS	1 CUP	
838	BAKED BEANS: CAN	1 CUP	6
964	SALAD:DEEP GREEN	1/2 CUP	
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964	SALAD:DEEP GREEN	1/2 CUP
343	SALAD FOR SANDWICHES	1/2 CUP
1028	ONIONS: RAW	1/4 CUP
959	CRAZY CRUST COBBLER	HALF CUP
437	PEACHES:slice, can, extra lite	1 CUP
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Disclaimer: Nutrikids does not warranty report data and should not be used for treating medical conditions. Please consult a physician.

Note: Calories are not included in this chart because the meals are analyzed with weighted measures, ie, student popularity of food item.

The points in this chart were calculated/offered by local member of Weight Watchers International and bear no legal responsibility.